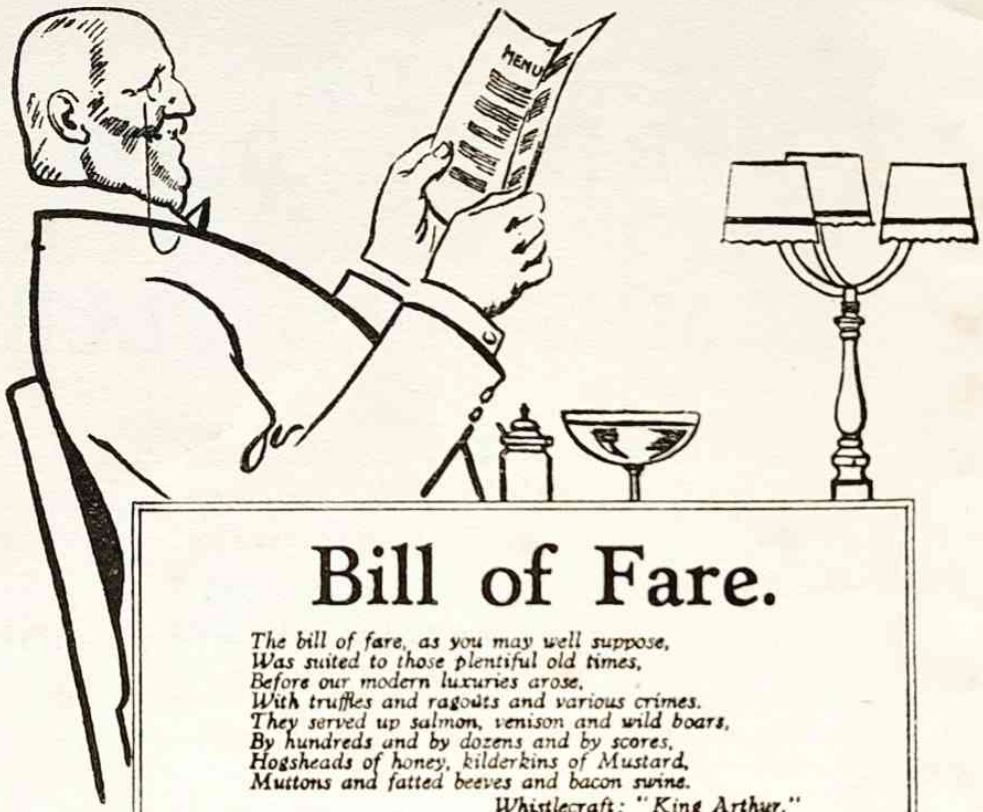
The Recipe Book of the Mustard Club

THE RECIPE-BOOK OF THE MUSTARD CLUB

A Treasury of Delectable Dishes both New and Old, in the right tradition of Good English Cookery, edited by "GOURMET." With illustrations by J. GILROY.

"Mustard Makyth Methuselahs"

Published for the Mustard Club by
J. & J. COLMAN LTD., Carrow Works, NORWICH.



Bill of Fare.

The bill of fare, as you may well suppose,
Was suited to those plentiful old times,
Before our modern luxuries arose,
With truffles and ragoûts and various crimes.
They served up salmon, venison and wild boars,
By hundreds and by dozens and by scores,
Hogsheads of honey, kilderkins of Mustard,
Muttons and fatted beeves and bacon swine.

Whistlecraft: "King Arthur."

		Page
I.	Fish Stories—by Miss Di Gester	4
II.	In Praise of Pig—by Lord Bacon	8
III.	Mutton and Beef—by the Baron de Beef	13
IV.	Fair Game and Fowl—by Augustus Gusto, K.C.	18
V.	Good Cheese and Good Cheer—by Signor Spaghetti	21
VI.	Sandwiches—by the Mustard Club's Travelling Correspondent	26
VII.	Sauces of Domestic Happiness—by Lady Hearty	28
VIII.	Pickles—by One of Them: Master Mustard	30

Recipes signed (D.C.T.) have been specially contributed by Mrs. Cottington Taylor of "Good Housekeeping" Institute.

THIS is the recipe book of the Mustard Club, and is dedicated to all lovers of good living. Everyone who appreciates fine cookery understands the value and high employment of Mustard; every zealous Mustard-eater is a member of the Mustard Club.

The Mustard Club stands for simple food well prepared—appetising, digestible and inexpensive. Its war-cry is: Up with the good Roast, the savoury Stew, the juicy smoking-hot Grill—and down with the "bill-sticker's paste," the complicated seasonings and garnishes, which make all dishes taste alike and ruin health and palate. The fine natural flavour of well-cooked meat needs no condiments beyond the simple cruet—the salt, the pepper, and the Mustard.

On no account ever forget the Mustard—that herb of three-fold virtue. Mustard whets the appetite; aids digestion; brings out the flavour of the food. Not only every kind of meat, but also fish, poultry, game, cheese and salads are more appetising, digestible and exquisitely themselves when eaten with Mustard.

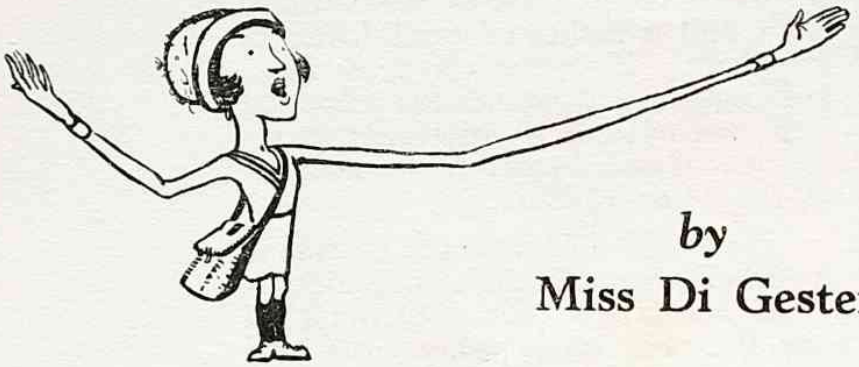
Some of these recipes are new inventions of the Mustard Club, but most of them belong to that fine old tradition of English good cheer which a jazz-tea age has too much neglected. New or old, the palates of great gourmets have tested and approved them all. They do not include *all* the dishes with which Mustard is to be used, for that would be to name nearly all the dishes in the world. But they are typical, every one, of the kind of dish which most delights in Mustard, and of the principles of good and simple living for which the Mustard Club stands.

Ladies and Gentlemen,
The Mustard Club wishes you hearty appetite, good digestion, and a long and happy life.

(Signed) Baron de Beef

President of the Mustard Club

FISH STORIES



by

Miss Di Gester

SPEAKING generally, either you are a fish-eater or you are not. To the genuine dyed-in-the-wool fish-eater, the globe has no more ambrosial ecstasy to offer than a freshly grilled trout, a Dover sole delicately fried, or a plate of whitebait. These are the people who revel in fish dinners, starting with bouillabaisse (which is a kind of fish stew), and ending with herring-roes on toast. Such men need no urging to eat fish, and all we have to say to them is that the free use of Mustard with their fish will add a new pleasure to their paradise.

But now for the ordinary person, to whom fish is but an habitual item on the dinner menu. Perhaps he may complain that white fish is a little dull and lacking in flavour. Let him try a simple dab of Mustard upon his boiled cod or fillets of fried plaice; and he will revise his ideas. Mustard with fish is no new notion. The monks of old, who had to be great fish-eaters on account of their Lenten observance, knew all about it. Here is a fishy feast provided for the enthronement of an Archbishop in 1295.

> "300 ling, 600 cod, 7 barrels salt salmon, 40 fresh salmon, 14 barrels white herrings, 2,400 red herrings, 5 barrels salt sturgeon, 2 of salt eels, 600 fresh eels, 8,000 whelks (!), 1,400 fresh-water fish, 2 barrels salt lamprey, 80 large and 1,400 small fresh lampreys, 124 salt conger eels, besides seals and porpoises." And, to prepare them, "olive-oil, honey and MUSTARD."

For nourishment and luscious flavour, pride of place belongs to the fish which are dark of flesh and rich in oil, such as salmon and that fish of infinite resource, the noble, various herring. And as herring is immemorially and unalterably associated with Mustard, let us begin our fish recipes straight away with Herrings and Mustard Sauce.

"Serving a cod right."

Herrings with Mustard Sauce

The man who does not eat Mustard is not worth his salt.

Dean Nowell, a clerical Izaak Walton, who angled much in the Ash at Hadham, said that the only thing wrong with the herring was that it preferred the sea to the river. Here is an ideal way to cook them.

Two very fresh herrings; clean and dry. Fry them in three tablespoons of olive oil or two of butter, with a squeeze of lemon, salt, pepper, six peppercorns and a tablespoon of vinegar. After they have cooked for eight minutes, put the fish aside on a hot dish. Then cut a good sized Spanish onion into rings, fry these in the oil left by the herrings till they are of a dark brown colour, but don't burn them as you value your life. Six minutes will see them done; heap them round the herrings and serve—with the only sauce that should ever be used, and this is the way to make it:—

Butter, two tablespoons, the same of flour; bring to boiling point, allow to boil up for half a minute, pour on a cupful of boiling water. Boil up again, adding a teaspoon of made Mustard, a tablespoon of Chili vinegar and a squeeze of lemon. Some chefs recommend a small amount of anchovy—this is a matter of taste; but don't forget to serve *very hot.*

Steamed Kippers

"Mustard makyth Methuselahs."

Get some nice big, fat and juicy kippers, take off the heads and tails and lay them in a large frying pan, if you have one that you can cover up closely, if not, use an ordinary stewpan. Pour in a little water and steam very slowly, *closely covered,* for half an hour. Please note that you require but a little water, just enough to produce steam, otherwise your kippers will be boiled instead of steamed and a lot of flavour will be lost.

Heat up in a small pan a tablespoonful of butter; mix with this a teaspoonful of made Mustard and a small amount of flour; add carefully two or three drops of Worcester sauce. Simmer slowly, stirring all the time; serve up in a sauce-boat, and if you have ever tasted kippers more flavoursome I shall be glad to have the recipe.

Salmon, Sauce Rémoulade

There is little to be said about boiling salmon save that it should be put into a fish-kettle with plenty of cold water, some salt, and a small quantity of vinegar and *boiled slowly.* Four pounds of salmon will take about an hour. Drain carefully but keep hot.

This is the sauce. Into a small basin put a heaped teaspoonful of Mustard, mix with water, add a small shallot and ravigote, shredded, six spoonfuls of salad oil, four of vinegar, a little salt and whole pepper; thoroughly amalgamate, then add the yolks of two raw eggs and stir until the sauce is thick. Always make your sauce carefully. Not even the greatest artist can afford to juggle with sauces.

"Originated in Scotland"

Tinned Salmon Fish Cakes

It is never rude to ask for more Mustard.

A most appetising and economical luncheon dish. Choose for your fish the Red Alaskan Salmon; one large tin of this will require about two pounds of potatoes. Boil and thoroughly mash your potatoes, flavouring to taste with pepper and salt. Mix very thoroughly with the salmon into a stiff paste, and then put aside to cool. Mould into cakes about the size of the top of a breakfast cup, flour well and place in a large frying-pan containing boiling lard. When cooked to a crisp dark golden brown on both sides, take out, strain quickly, and serve hot.

Made Mustard and nothing else should accompany this dish, which is nourishing, sustaining and specially beloved of the youngsters. You can, of course, make fish cakes of any of the big fish.

By the way, when frying fish or fish cakes you must have your fat smoking hot, and *plenty of it*. This may sound extravagant, but don't forget that if strained off into a jar, frying fat can be used over and over again.

Cod Steak au Gratin

"'Tis dinner-time, quoth I."—Shakespeare.

Take a nice fresh middle-cut cod steak, flour it and put it into a fireproof dish with a little butter under it and a little spread on the top, pepper and salt. Cover closely and cook quietly in the oven for twenty minutes. Take out and sprinkle plentifully with grated Parmesan. Finish slowly under the grill until nicely browned. Some people prefer to eat this dish with a Mustard sauce; personally I prefer plain made Mustard, because it goes so much better with the cheese and enhances the flavour of what is as a rule a rather uninteresting fish.

Scalloped Cod

Here is an alternative way of cooking cod. Mash potatoes with butter, milk and a little salt and pepper, steam the cod, break up very small and mix thoroughly with the mashed potatoes. Fill scallop shells with the mixture and cover with grated Parmesan. Place under the grill until browned.

This is a very toothsome supper dish, which can be prepared hours ahead, if necessary, for five minutes under the grill will do it to a turn.

As for boiled cod—serve it with Mustard—and you will serve it right!

A Salt Fish Pie

Salt is silver, but Mustard is gold.

Take of salt fish two pounds, soak for 24 hours, simmer in enough water to cover until tender, take out the bones and break up into small pieces. Parboil several big potatoes, slice enough of these to make two layers in your pie-dish, place one layer at the bottom of the dish, add pepper and very little salt (or you may omit salt altogether if you have boiled it in with the potatoes). Now a thick layer of fish and more

pepper, another layer of potatoes, then dump the remainder of the fish on top, cover with a crust of mashed potatoes and bake in a hot oven until the crust is nicely browned. It may be much improved by the addition of a couple of walnuts of butter. Mustard sauce is essential.

This dish is one of the most delicious and economical for large families that I wot of. It originated in Scotland.

"Many receipts he gave me."—Shakespeare.

Some Old-Fashioned Fish Dishes

(1) Perch.

There are still a few ardent disciples of Izaak Walton who know how to appreciate the food value of their catches, and how really delicious freshwater fish may be if properly cooked.

The perch, so succulently served up in the good old days, and still plentiful in our British rivers, is more or less forgotten nowadays; but try it like this!

Scale, gut and wash your fish, put it into water when it boils, with some salt, an onion cut into slices, a handful of clean washed parsley and as much milk as will turn the water. When it be enough, strain off the parsley and onion, which strew on the fish, and serve with the butter, flour and Mustard sauce before described, using a little of the water the fish was boiled in to mix.

(2) Tench, or Carp, stewed.

A stew of tench or carp was once considered "a fitting top dish for a grand entertainment."

Mix the Mustard fresh for every meal.

Gut and scale your carp or tench, dredge them with flour, fry in dripping till brown. Into a stewpan put a quart of water, a like quantity of red wine, a large spoonful of lemon pickle, the same of browning and a little walnut ketchup; add a teaspoon of made Mustard, a spot of cayenne pepper and a large onion stuck with cloves, stew gently with the pan close covered. When finished, thicken up the gravy with a walnut of butter and some flour, boil up, and strain over the fish.

Note.—The muddy flavour sometimes found in carp and tench may be removed by sewing up a bit of bread in the body of the fish during the frying process. Take out before stewing.

(3) Pike.

Let us now take the much maligned pike. Kindly treated, this fish is delicate eating. Stuff it with forcemeat made of chopped oysters, bread crumbs, a little lemon peel sliced fine, a lump of butter, the yolks of two eggs, a few sweet herbs and season to taste. Sew this up in the belly of the fish and boil it in hard water with a little salt and a teacupful of vinegar. Or you may bake it slowly in the oven. Serve with Rémoulade Sauce (*p. 5*)

Eat measurelie and defy the mediciners.—Scottish Proverb.

IN PRAISE OF PIG

by Lord Bacon

PIG—of all the beasts that Nature devised to rejoice the epicure's palate, the most succulent, delicate and various! Equally gracious in the poor man's trotters and the rich man's sucking-pig—in every part toothsome, in every transformation excellent! How foolishly despised by the Mohammedan! How wrongly accused of indigestibility! I will take my oath upon it that no one who will cook his pig fairly and patiently and eat it with good measure of Mustard has ever dined badly or slept the worse for his dinner.

Mustard and the pig are formed for one another—each calls forth the other's virtues in the greatest degree. Think of that exquisite melting fat—that brown and savoury crackling which is the pig's crowning glory—does it not cry aloud for Mustard to bring out the subtleties of its flavour and reconcile the stomach to its delicious richness? Pig without Mustard is unthinkable—without Mustard you have never properly tasted Pig. That ancient Roman gastronome, Apicius, for all his fantastic feasts and stuffed peacocks, knew the simplicity and tenderness which suits the noble pig. "Cook it," he says, "in sea water with bay leaves. When very tender, take off the skin and serve with Mustard, salt and vinegar."

Never hurry a pig; never worry a pig—there is your golden rule. No hasty cooking; no complicated sauces—only time and Mustard.

'Only Time and Mustard"

Boiled Bacon

"Boille yt softlie"—A Noble Book of Cookry (1467).

Take, for instance, that grand old English dish, Boiled Bacon. It is told in an excellent old book on eating, published in 1876, how two stout and worthy Aldermen at a Civic Banquet refused the turtle soup and the stuffed venison for a goodly help of Beans and Bacon. Hurriedly cooked, Boiled Bacon can be both oily and indigestible. But boil it slowly, gently and long—with the pan tightly covered—till all the grease is boiled out and only the tender succulence of the delicate fat remains; then in the rich liquor, about half an hour before the bacon is done, boil your young beans, or better still, a fine white cabbage, hard-hearted as Hannah the Belle of Savannah—serve it at once, with no pasty sauces, but only a liberal dollop of fresh-made Mustard on every plate. You will enjoy it; you will digest it; you will make a weekly feast of it, and your husband and children will rise up and call you blessed. Incidentally, if you seek an extra blessing, save the boilings and make a luscious pea soup the following day.

Roast Bacon

If you must marry, marry into the Mustard Club.

Have you ever roasted Bacon? I give you my word it is wonderful—yet it is a secret known to very few. Take your fine piece of fat back; scrape the rind with a knife and wipe it well with a damp cloth; score the skin closely lengthwise as for pork crackling; place it in the oven and roast it thoroughly and well, basting it well and truly. Always remember—hot oven to begin, then moderate, finish off hot; every bit of the crackling should rise up in delicious little bubbles, and a 2-lb. chunk should give you a tea cup full of bacon fat, so useful for frying the croûtons without which pea soup is an unfinished masterpiece. Serve it up with the crackling and be glad that you have lived to enjoy such a feast.

It is better for this experiment to choose Wiltshire or Irish bacon, or any kind that is not too heavily cured, since the salt will remain in the joint and not be cooked out as in boiling. It is also specially fine, when cold, for breakfast.

This is a rich dish. *On no account forget the Mustard!*

Grandmother's Bacon Fraze

Here's a tasty breakfast dish. Beat eight eggs into a batter with a little cream and flour (see that you work all the lumps out), fry some thin slices of bacon and dip them in it; lay the bacon in the frying pan, pour the batter over it; when one side is fried, turn and pour the rest of the batter in; when both sides are a good colour, lay on a dish and serve hot. Mustard, undoubtedly.

Remember that an occasional change in the breakfast menu is one of the principal secrets of married bliss.

"Secrets of married bliss"

Baked Ham

New meat begets a new appetite—Old Proverb.

This is Grannie's recipe for a baked ham. The bigger your family the bigger the ham, but a moderately small specimen is less unwieldy.

Soak the ham for two or three hours, trim off any bits of the underside that look like it, and wipe it very dry. Cover it well with a plain paste about an inch in thickness and, where the edges meet, moisten and draw together—make a good joint lest the gravy escape. Bake in a regular, well-heated oven—it will take from three to six hours according to size. When done, remove the paste and then the skin, and invite your best friend to partake of it. It has a flavour of the finest, if not too salt, and, with Mustard, and potatoes roasted in their skins, is a fitting dish for honest men.

Ham in Hades

Here is a breakfast dish that will send hubby to town feeling like two men. It is worth one new hat at least, if only because it makes a break in the everlasting cycle of bacon and eggs—and this is how to Hades your Ham.

Make a mixture of a teaspoonful of made Mustard, a tablespoonful of tarragon vinegar, pinch of salt, teaspoonful of paprika and a teaspoonful of Worcester sauce. Spread this mixture on both sides of half a dozen slices of cooked ham. Put two tablespoonfuls of olive oil in the frying-pan, and when this begins to smoke, put in the ham and brown it quickly on both sides. Sounds hot and oily, but is neither one nor t'other, but is very *moreish*.

If he doesn't like it—get a divorce!

Winter Pie

"Content the stomach and the stomach will content you"—Walker.

A ham sometimes presents rather a problem, because of the large area of lean left on the bone, when all the best parts have been eaten up. Here is an excellent supper dish which suggests a way of utilising the remains of a ham or of boiled bacon.

½ lb. sausages, ½ lb. cooked lean ham, ½ teaspoonful finely-chopped parsley, 4 tomatoes, 1 teaspoonful made Mustard, ½ gill water or stock, mashed potatoes or pastry to cover.

Grease a pie-dish. Cut up the ham into small pieces and put half of it at the bottom of the dish. Cover with half the sliced tomato. Skin the sausages and mix them with the parsley and Mustard. Spread the mixture on top of the tomatoes. Cover with the remaining ham and tomatoes and add the liquid. Use short, flaky or rough puff pastry for the top or cover with well mashed potatoes beaten with milk and seasoned with half a teaspoonful of made Mustard and a little salt. Cook in a hot oven until the pastry is brown and correctly cooked. The appearance is much improved if the crust is brushed over with beaten egg. (*D.C.T.*)

Roast Sucking Pig

A certain Royal Highness, some three generations ago, was dining at Belvoir, and was asked by his host if he would like anything that did not appear on the menu. "Yes: roast pig and apple dumpling," was the gracious reply. There is no reason why we should not follow His Highness's example, for roast sucking pig is really a delicious cold weather dish, and prepared thuswise hath a wonderfully delicate savour.

"A good digestion to ye all!"—Shakespeare.

When scalded and prepared for cooking (the butcher does this), lay in the belly a stuffing of bread, sage and onions, pepper and salt, with a piece of butter. Sew it up and well rub the skin of the piglet with butter. The legs should be skewered back so that while roasting the inside as well as the outside may be thoroughly browned. Place in a quick oven, yet not so quick that it will not roast gradually, and a coating of flour should be dredged over it so that it shall not blister. When the pig is done, scrape the flour off with a wooden or very blunt knife, and rub it with a buttered cloth. Cut off the head, and dividing it in half, take out the brains and mix them with a little gravy or bread sauce, and serve as hot as possible.

Various sauces have been recommended from time to time, but there is nothing in the wide wide world that will so enhance the delicate flavour of this delightful dish as good, plain Mustard.

Pork Chops

Take two, or more, very excellent pork chops, place them in a fireproof dish which has previously been thoroughly rubbed with a bead of garlic, cut a small onion in rings and strew these over the chops; then bake slowly in the oven for half an hour, pour off the fat and serve steaming hot.

This is the sauce which you make while the chops are cooking. Put one breakfast-cupful of stock, two shallots shred small, salt and pepper, into a saucepan, boil for half an hour, then add a heaped teaspoonful of Mustard, stir it in well, serve up in a sauceboat. A North Country dish, but nane the waur for that.

Pork Sausages and Mashed Potatoes

A very common dish, my masters, common, yet luscious withal; but you should *bake* your sausages in the oven, in a flat fireproofer, and then you can get them a nice golden brown all over, not burnt on one side and half raw on the other. The potatoes should be very carefully mashed, with butter, pepper and salt, keeping your pan over the gas jet all the time. Serve up in a steaming hot mound with the sausages garlanded around the dish.

The essential oils of Mustard aid digestion.

Without lashings of Mustard this dish would be like a well-known song sung without accompaniment.

Collared Heid or Pig's Head Brawn

Do you think you would like Collared Heid? I do; and this is how I prepare it.

Get half a pig's head pickled—or a whole one if you have a lot of mouths to feed—wash it thoroughly and place it in a pan with one or two small onions and a few peppercorns. Boil slowly until tender enough to remove all the bones. Take out the tongue and cut into dice, cut up all the other flesh and mix well; add a little pepper. Strain the boilings and add to a teacupful of these one sheet of cooking gelatine, mix all together (not too wet), and place in glass moulds; put a weighted saucer or plate on top and leave to set overnight. In the morning you will have about two pounds of luscious brawn, and the total cost will be under two shillings. The last brawn I bought cost me 2/6 per pound, and it wasn't a patch on mine. Mustard is indicated

Liver and Bacon

"With liver burning hot"—Shakespeare.

Cut a pound of calf's liver into slices about ¼ inch thick. Roll well in flour. Allow half a rasher of bacon to each slice of liver. Fry the bacon, remove and keep hot. Fry the liver in the bacon fat until brown. Remove and keep hot.

Now dredge a little flour into the fat in the pan, add ½ pint of stock, salt and pepper. Return the liver to the pan and simmer slowly for half an hour. On no account must liver be cooked fast or it becomes so hard as to be uneatable.

Liver and bacon without Mustard—well . . !

Pigs' Trotters

Mrs. Bardell's notion of a nice little meal we gather from the immortal 'Pickwick Papers'; it consisted of "a couple of sets of pettitoes and some toasted cheese." And a "wery good notion of a meal it is," as Sam Weller would have remarked.

Do them like this: Put in just sufficient water to cover them, add the heart and liver, boil ten minutes, take out the liver and heart and mince small, return them to the feet, stew till quite tender, thicken with flour and butter, season with pepper and salt and serve up with sippets of toasted bread; make a pyramid of the minced heart and liver and lay the feet round them. When pettitoes are fried, they should first be boiled, dipped in butter and fried a light brown.

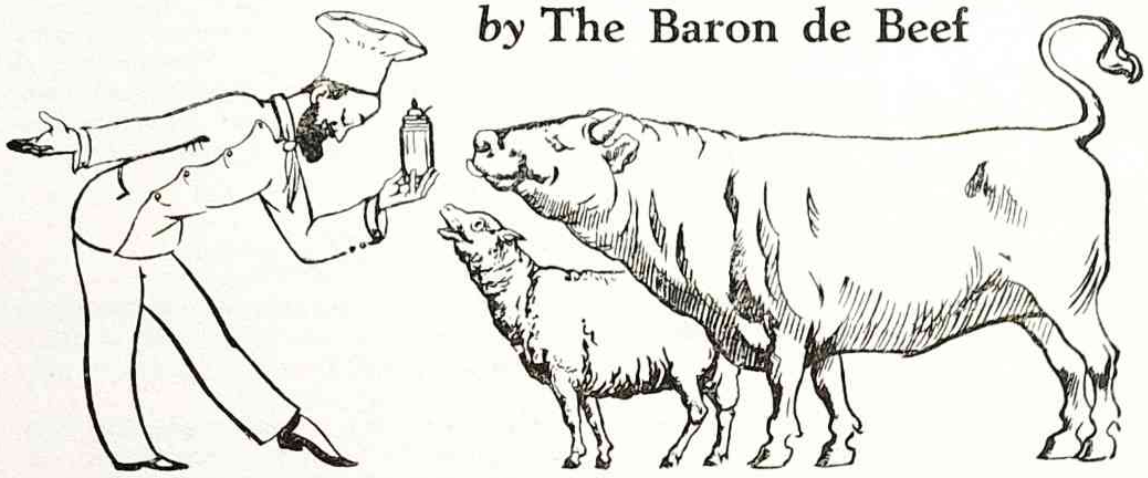
Ordinary pigs' feet, or trotters, are either plain boiled (with onions), until the bones almost drop out, or boiled, split down the middles, rolled in egg and bread crumbs, and fried a delicate brown.

In the North Country they make a delicious stew composed of pigs' feet and hough, or shin of beef; this may be eaten either hot with potatoes or, with the bones taken out, poured into a mould and eaten cold. Hunger and Mustard are the best sauces.

"A wery good notion of a meal."

MUTTON & BEEF

by The Baron de Beef



WE have the finest meat in this country of any in the world. Plain English Roast, Boiled or Grilled, if so reverently cooked as to keep the delicious juices in the meat, and eaten with a simple Mustard condiment, bears the palm for sheer toothsomeness (to say nothing of digestibility!) above all the highly-seasoned, made-up dishes ever concocted.

For this reason always use English joints if possible, balancing the extra cost by the frequent use of such inexpensive tit-bits as Liver, Trotters or Brawn with Mustard, which, properly cooked, are dishes for epicures.

But if the meat must be imported, then here is the way that the most skilled cooks use to restore the flavour which is necessarily lost in the process of chilling. Take a moderate quantity of dry Mustard, and rub it well into the meat before cooking. This will not make the meat "eat hot"; the Mustard will simply draw out its native flavour and goodness, and render prime Canterbury Lamb almost indistinguishable from Southdown Mutton. It is a treatment particularly recommended for Beefsteaks.

As for the odd superstition that Mustard should not be eaten with Mutton—ignore it. Mustard with Mutton has the high approval of the most distinguished culinary authorities. Moreover, the long fibres of Mutton are infinitely easier of digestion when well be-mustarded.

"Big stakes!"

Mustarded Mutton Chops

Mustard is meet for every meat.

Take two nice chump chops—Southdown for preference, though Scotch mutton takes some beating—rub well in on both sides a goodly dollop of dry Mustard, then spread a hazel nut of butter over each. Place under a hot grill, turn and baste frequently. When the fat is done to a turn, serve up on plates so hot that you can hardly touch them.

Potatoes baked in their skins go excellently well with this dish, but don't forget that whereas the chops will be done in about 6 minutes the potatoes will possibly take an hour.

Alderman's Walk

Alderman's Walk is a very old English delicacy, the most exquisite portion of the most exquisite joint in Cookerydom, and so called because at City dinners of our grandfathers' times, it is alleged to have been reserved for the Aldermen.

It is composed of the first, longest and juiciest longitudinal slice, next to the bone of a succulent saddle of mutton—Southdown for choice, and four years old at that. Remove this slice tenderly, lay it aside on a slice of bread its own length, and let it get thoroughly cold. Prepare then a sauce composed of a walnut of butter, a teaspoon of Worcester sauce, three drops of tabasco, three chopped chives and a small teaspoon of made Mustard. Stir these ingredients in a saucepan until quite smooth.

"You shall have the Mustard"—
Shakespeare.

Then take the bread, which should have absorbed a good deal of juice from the Alderman's Walk, cut into strips and lightly toast. Drop the meat into the sauce and let it cook for eight minutes, turning it once. Slide out on a hot dish, put the toast round it, eat it in a hurry and thank your stars you are alive to enjoy it. It is simple, innocent, toothsome, and several other things, and will make you thoroughly realise that Mustard and mutton may marry.

Kidneys à la Gourmet

The three best Doctors: Dr. Diet, Dr. Quiet and Dr. Merryman.

Procure by fair means, or foul, a potato of aldermanic proportions; one about eight inches long, five inches broad, and three inches deep: in short, an exceeding well nourished spud.

Now take two sheep's kidneys, split them and skin them. Rub a little dry Mustard, pepper and salt into the cut sides. Cut your potato lengthways into two exact halves, do not peel, then with a tablespoon hoick out two recesses in each half, each big enough to place half a kidney in (try to imagine a jewel in its velvet case). Pepper a small rasher of streaky bacon both sides, place on the top of the kidneys reposing in one half of the potato, then taking the other half complete with kidney halved, place the two together closely and with an exact fit. Tie tightly with a piece of raffia and bake in a hot oven until done.

Cooked in the embers of a camp fire this is a dish fit for the gods. Kidneys and Mustard came into the world together.

Kidneys with Macaroni

Six ozs. macaroni, one oz. butter, three ozs. grated cheese, four sheep's kidneys, small bunch of herbs, one small shallot, one oz. flour, one pint stock or water, pinch of salt, ½ teaspoonful made Mustard, 1½ ozs. butter.

Wash the kidneys thoroughly, skin and slice into small pieces. Melt the butter and fry the pieces of kidney on both sides. Remove from the pan, fry the shallot a deep golden brown, add the flour and Mustard, pour on cold stock or water. Bring to the boil, add the kidneys, salt, and a small bunch of herbs tied in muslin. Simmer gently for 40 minutes. Remove the herbs. Meanwhile simmer the macaroni in salted water until thoroughly well cooked, strain carefully. Stir in the butter and cheese and make a border of the macaroni and pour the stewed kidneys and gravy into the centre of the border. *(D.C.T.)*

"The Mustard was good"—Shakespeare.

Browned Tongue

A delightfully simple and toothsome supper dish. Take half a dozen slices of cooked tongue, spread on each of them a modicum of made Mustard and let each slice repose for about two minutes in a little bath of salad oil. Put the heap of tongue between two plates, so as to expel the superfluous oil, and let it remain like this for about half an hour.

A Waiter is known by his Mustard-pots.

Put a nutmeg of butter in the pan, dismember the heap of tongue and put the slices into the frizzling butter one by one, and turn them till they are brown. Serve very hot, with sippets of toast. It is a very light dish and the Mustard makes it easily digestible.

Grilled Steak

England is renowned abroad as the native land of "le bifteck"—yet, oddly enough, not one English cook in ten can cook a beefsteak properly.

Note this—a good steak should *never* be beaten. *Never* stick a fork into the lean part of either steak or roast—the thought of this barbarous treatment makes my heart bleed, to say nothing of its effect on the meat.

As the only really satisfactory form of grill is more or less confined to hotels and grill rooms (incidentally the advantage gained therefrom is usually nullified by slack service and cold plates), cook your steak thuswise. Have it cut thick (one inch and a half)—rump is the more flavoursome, fillet is supposed to be the more tender—take a good hefty well-tinned iron fry-pan, and heat it over the fire until it is very hot, then put your steak in, keep the flame on the fierce side, give it 30 seconds and then, with a pair of tongs turn it and anneal the other side. It will set up a terrifying noise, but take no notice of that. Three minutes on each side will suffice.

Mustard is to steak what grammar is to language.

Cornish Pasty

"And hath the cook put right good stuff under the pasty lid?"
—Beddoes.

Make some short crust pastry, ½ lb. flour, pinch of salt, ½ teaspoon baking powder, mix well, then add 2 ozs. beef dripping, work until smooth, add enough water to make a stiff paste, flour the baking board and pin and roll out till about ¼ inch thick.

Now cut up into fairly small pieces ½ lb. of good steak, two potatoes and one onion, pepper and salt, and mix with one tablespoonful of water in a dish. You can now proceed to make one large pasty or two small ones.

Cut your pastry into rounds and place the meat and vegetables thereon, wet the edges, pinch together firmly, and form into large scallops. Place on a floured baking tin, bake for fifteen minutes in a hot oven, and then continue cooking in a lower heat until the pastry starts to brown. Don't forget to make two small incisions to let the steam out, and if you want a really handsome looking pasty, brush over with white of an egg.

Jam pasties made in the same form are topping, and mutton pasties are made in much the same way as described above.

Cornish pasties are ideal for picnicking—so long as you don't forget the Mustard

Steak, Potato and Onion Pie

It's good to be merry at meat—Old Proverb.

Line the bottom of a pie-dish with sliced raw potatoes, over this place a layer of steak cut into strips; pepper and salt. Now slice a big onion and make another layer; continue till you fill the pie-dish, finishing up with a top layer of potatoes. Pour in a teacup of cold water or beef stock and cover with a paste crust made in the same way as for Cornish pasties. Bake in a hot oven for 15 minutes, lower the heat and bake slowly for one hour, until your pie be nicely brown.

If you like plenty of gravy, add a little hot water just before the pie is finished baking. The usual reminder about Mustard goes without saying.

Brush the crust over with the white of an egg to get a good colour.

Devilled Beef

Who sups on a devil should have Mustard in his spoon.

Can be very highly recommended in this fashion. Three slices of cold cooked roast beef, lean. Butter them as though they were slices of bread. Then dose them liberally with the following mixture. One teaspoon made Mustard, half a teaspoon black pepper, same of salt, a teaspoon of Worcester Sauce and a tablespoon of vinegar.

Cook them in this in the frying-pan or chafing dish until the meat begins to curl up at the edges. The dish is equally acceptable either for luncheon or supper.

This devil is also very satisfactory with cold roast mutton, especially saddle, whatever people may say about Mustard and mutton.

Roast Veal Fillet

The hand that stirs the Mustard rules the roast

Veal, being almost tasteless, depends on its stuffing or forcemeat for flavour. Make your forcemeat as follows:

Chop some suet fine, a little parsley and a little sage and a small shallot, a small amount of marjoram and thyme, a few grains of nutmeg, some bread crumbs and a couple of eggs, season with salt and pepper and mix thoroughly to a thick paste.

Now for the veal. With a veal fillet, the stuffing should be placed in the hollow from whence the bone is extracted, and the joint should then be placed in the oven until it is a beautiful brown. Roast very gradually, as the meat must be thoroughly done through without burning the outside—like pork, it is sufficiently indigestible without being sent to table half cooked, and—like pork—it can be rendered digestible by an intelligent use of Mustard.

Shoulder of Veal
à la Piedmontese

All things are soon prepared in a well-ordered house—Old Proverb.

Rather troublesome to prepare, but delicious if prepared properly. Strip the skin off the shoulder, leaving it attached at one end; now lard with fat bacon, adding a seasoning of sweet herbs, mace, parsley, lemon peel chopped fine, pepper and salt. Replace the skin, place the joint in a stewpan with gravy and stew till tender.

Chop spinach fine, to which add a tablespoon of vinegar; chop a lettuce with it, also some onions, parsley and mushrooms; add to this when tender some of the gravy and some sweetbreads—stew all together for a short time; lift up the skin of the shoulder and place the herbs over and under, return the skin as before, pour melted butter over it, add bread-crumbs, brown in the oven, and serve hot with gravy in the dish.

It is worth the trouble, if only to find out how Mustard emphasises the flavours.

Calf's Head

This is a good, nourishing, and at the same time satisfying dish for a large family. Clean the head thoroughly and take out the brains and the tongue, soak for two or three hours previous to boiling and then boil in a cloth. Wash, soak and blanch the brains, then boil them; scald some sage, chop it fine, add pepper and salt and a little milk, mix with the brains. The tongue, which should be soaked in salt and water for 24 hours, should be boiled, peeled and served on a separate dish.

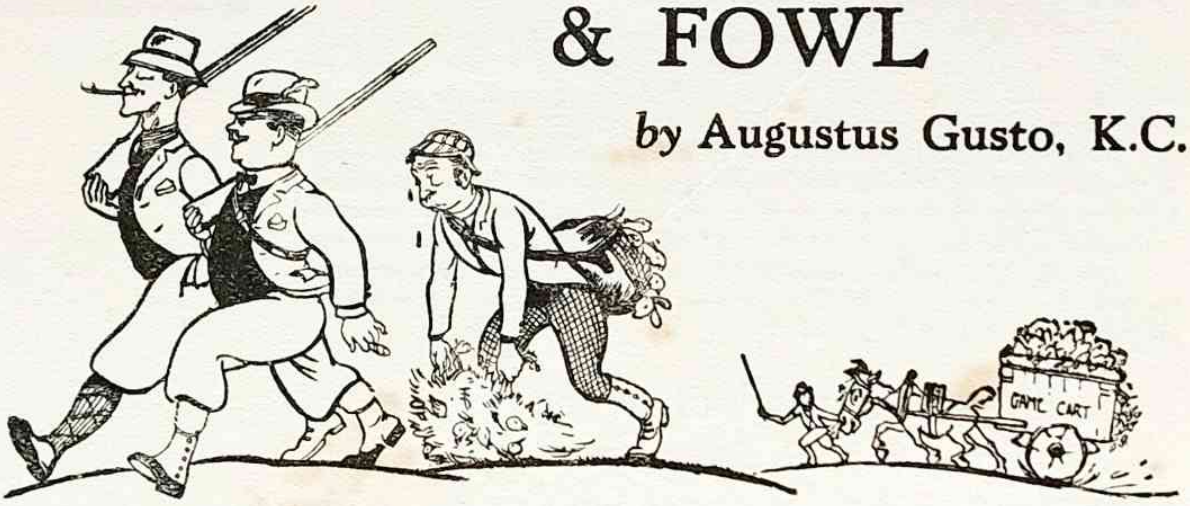
The head should boil till tender, and should be served up with melted butter and parsley sauce, or when it is sufficiently boiled, spread over it a coating of yolk of egg well beaten, powder with bread-crumbs and brown before the fire or in the oven.

Mustard sauce goes well with this dish—my own palate says: plain Mustard.

"Alderman's walk"

FAIR GAME & FOWL

by **Augustus Gusto, K.C.**

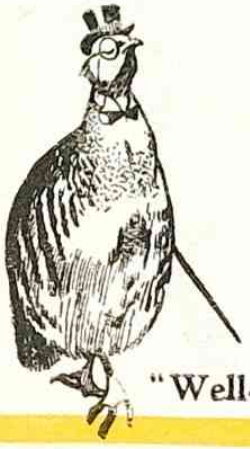


WHEN I say Fair Game, I refer to what is considered fair in the British Isles—not to the Big Game that young noblemen who are disappointed in love rush off to kill in fiction. Though, as a matter of fact, I believe elephant's foot, kangaroo tail, bear's paws and swealed snake are excellent, and no doubt the Mustard Club would find tasty and digestible ways to cook them if required.

Nor do I mean Fair Game in the Continental sense. In France, on the opening day of the shoot, you rush out and kill anything you see, such as squirrels, thrushes or jenny-wrens. I will also leave out the heron, which they hawked at in the Middle Ages, for I'm told it has a tough fishiness which even Mustard will scarcely overcome. Otherwise, generally speaking Mustard is good with all game.

As for fowls—take Mustard with the white-fleshed ones such as chicken and turkey, because it gives them a better flavour. And take Mustard with the dark-fleshed ones too, such as goose and duck, to tone down the richness.

And that being said, we can go straight on to the way we cook game and fowl at the Mustard Club, and we will begin at home with that fowl of fame, roast turkey.



"Well-dressed game"

Roast Turkey

"The meat wants basting"—Shakespeare.

In my own humble opinion there is only one way of stuffing a turkey for roasting, and that is with sausage meat to which have been added some bread crumbs and a beaten egg. You can stuff a turkey with truffles, if you wish. This is merely expensive.

Before you put your turkey in the oven (in these modern days when open fires are no more), cover the breast with thin slices of fat bacon. Baste well and frequently, and roast for about two hours. Always reserve the legs for the next day. Devilled turkey legs make a splendid breakfast dish.

Mix your devil in this way. Into a soup plate put a teaspoon of Mustard, the same of Worcester Sauce, two teaspoons of olive oil and half a teaspoon of sweet pepper (paprika). Take your turkey legs, and with a sharp knife score the flesh across with deep incisions so that the devil mixture may penetrate. Soak the legs well in the mixture and then place under the grill, with a tablespoon of butter, until it starts to scorch. This is a very cheery devil.

Roast turkey should always be served with bread sauce; as for anything else, since turkey first became known, nobody has been able to better the cruet: salt, pepper and Mustard.

Fried Chicken à la Malabar

Mustard makes the mouth water.

Cut up your chicken into joints and fairly small pieces, remove all moisture with a dry cloth, and powder every part with curry powder to which half a teaspoon of dry Mustard has been added. Fry the pieces in butter till a pale brown, then cut into small pieces two onions; fry in butter very carefully so as to prevent burning. Pour over the chicken the onions and sauce, and serve on very hot plates.

Turkey or Chicken Legs Broiled

Take turkey or chicken legs which have been cooked, make one or two slight incisions with a sharp knife, rub in a little dry Mustard, dip them in melted butter or salad oil, broil them a fine brown colour and serve piping hot with Rémoulade sauce (for which see page 5.)

Roast Duckling

Duck, in spite of what many people think, is not indigestible, provided that its innate richness is counteracted by a modicum of Mustard.

When you buy a duckling, Aylesbury or otherwise, see that it has been carefully plucked without the skin being torn. Clean the insides thoroughly with warm water and stuff with forcemeat (*p. 17*), using perhaps a little more bread for the sake of mildness. Roast in a brisk oven, baste frequently. The time to cook depends on the age and size

"Roast turkey"

Mustard means health for a farthing a day.

but when the breast plumps it will be just done. Serve with a rich brown gravy made from the giblets.

Remember two things—apple sauce is quite as good with duck as with goose and—an underdone duck is an abomination. Reserve the legs for a Mustard devil the next day, breakfast or luncheon.

Roast Partridge

From the famous Mrs. Glasse's "Art of Cookery," 1745, I cull the following:—

> "Let them be nicely roasted, but not too much, drudge them with a little flour, and baste them moderately, let them have a fine froth, let there be good gravy in the dish, and bread sauce in basons made thus: Take a pint of water, put in a good thick piece of bread, some whole pepper, a blade or two of mace, boil it five or six minutes till the bread is soft, then take out all the spice, and pour out all the water, only just enough to keep it moist, beat it soft with a spoon, throw in a little salt and a good piece of fresh butter, stir it well together, set it over the fire for a minute or two, then put it in a boat."

Eat your partridge in this simple, old-fashioned manner and with Mustard—no modern inventions can improve upon it.

Wild Duck

You must be very careful in not roasting these birds too much; before a hot fire on a spit, not more than twenty minutes, with frequent basting, in an oven, say, half an hour. When brought to table, have ready a little hot butter, juice of a lemon, a dust of sugar and a glass of port wine; draw your knife four times down the breast and pour this mixture on, piping hot, at the last moment. The remainder of these birds the next day will make an excellent salmi, or devil.

Jugged Hare

"First catch your hare" —Mrs. Glasse.

A hare is nothing if not well hung and well cooked. Cut up your hare into joints, lay the pieces in a stewpan, put in a few cloves, two onions, the rind of half a lemon, a small amount of sweet herbs, salt, black pepper and cayenne to taste, and an eggspoon of made Mustard; pour in enough cold water to cover.

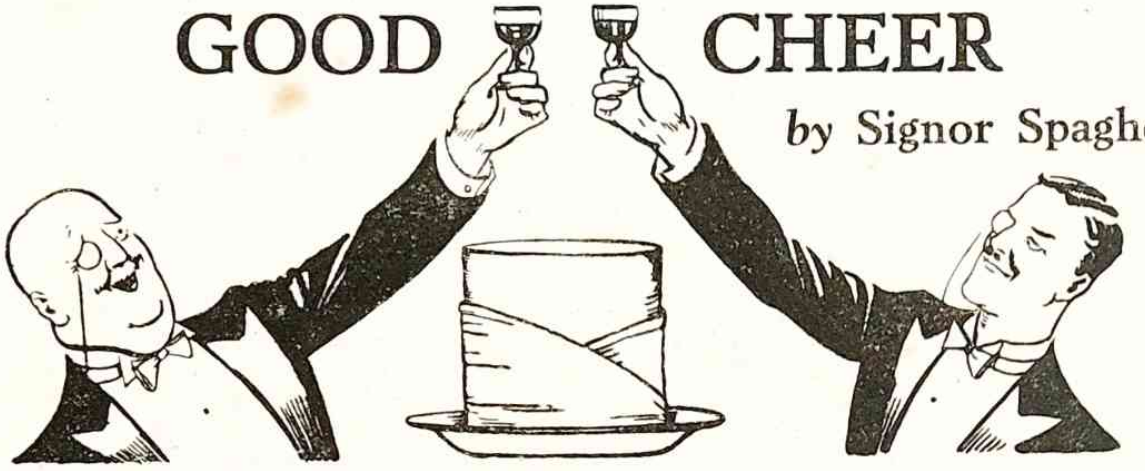
Let it come to the boil, skim and let simmer until the meat is falling away from the bones, strain off the gravy, thicken with a little flour and butter, pour in a glass of port wine, and having laid the meat in a deep dish, pour the gravy over and serve.

A few forcemeat balls may be put in the dish with it, and many people use red currant jelly. In the North Country two or three slices of lean bacon are sometimes simmered with the hare. In this case garnish your dish with a few curled-up rashers of bacon toasted before a brisk fire or under the grill. Mustard is obviously the only condiment.

"Jugged hare"

GOOD CHEESE & GOOD CHEER

by Signor Spaghetti



THERE is a most excellent saying: "The cheese digests the dinner, and Mustard digests the cheese." This is good to know, for cheese is more nourishing than meat, and such a great aid to good cooking that it is well to use it freely. Wherefore—

VEGETARIANS!
Join the Mustard Club

Cheese and biscuits, bread-and-cheese, cheese in salads, in spaghetti, in omelettes, in soups and meat dishes—big cheeses, little cheeses, strong cheeses, mild cheeses, green cheeses, cream cheeses—if I were to chat about them all, I should never have done.

There is Emmenthaler—big as a cart-wheel; if it wasn't so good to eat you would want to roll it down-hill. And Double Gloucester. And Cheshire, oldest of English cheeses, which, like Cheddar, is at its best in about 15 months. Stilton takes two years, while Roquefort meditates 40 days, hermit-like, in caves cut into the hill-side. There is Bel Paese from Italy, and Parmesan—the making of Petite Marmite, Minestrone and dishes *au gratin*—Gruyere, Brie, Camembert and a thousand more—they all eat better with Mustard.

And as for Egg and Spaghetti dishes—Mustard is the making of them. So let us start this almost entirely vegetarian chapter with Cheese and Spaghetti Soup.

"Welsh Rabbit"

Mustard-eaters are quiet sleepers.

Cheese and Spaghetti Soup

You will want one pint milk or milk and water, one small onion, one tablespoon cooked spaghetti, 2 ozs. grated cheese, ½ oz. butter, ½ oz. flour, one teaspoonful made Mustard, ¾ teaspoonful salt.

Melt the fat, stir in the flour, and add the milk by degrees. Bring to the boil, add the chopped onion, Mustard and salt. Simmer gently for fifteen minutes. Strain and add the grated cheese. Re-heat until the cheese is melted, add a tablespoon of freshly cooked spaghetti. *(D.C.T.)*

Welsh Rabbit

A bad Welsh rabbit is like a nagging wife, unbearable. This is how to make a good one.

Use about half a pound of dry, sound, mild Cheshire or Cheddar. Cut up as small as possible. Put a tablespoon of butter into the dish and knead it well over a slow fire with a wooden spoon until it begins to sizzle. Add half a teaspoon of paprika, rather less of salt, and a tablespoon of old ale. Mix all thoroughly. Turn in the cheese, and stir it until it reaches the consistency of thick cream, adding two or three tablespoons of beer gradually. Keep stirring. Now put in a teaspoon of made Mustard. Keep on stirring until bubbles appear. It is then ready.

You should have ready some toast, and as soon as the bubbling is well developed plunge in the toasts and cover them with the cheese. Serve on very hot plates, and eat with Mustard. Milk can be used in place of beer. Everything depends on regular and continuous stirring, *always in the one direction.*

" But he that filches from me my good name — ! "
—Shakespeare.

NOTE: The Welsh Rabbit's claim to true rabbithood, as against those who deem it but a corruption of the words Rare Bit, has received the assent of learned authority. Like the Norfolk Capon (a red herring), the Irish Apricot (a potato) and the Essex Lion (a calf), the Welsh Rabbit is a time-honoured Joke, and will be spelt Rabbit (not Rarebit) by all good Mustard Clubmen. See The New Century Dictionary—also our illustration !

Vermicelli and Fish Pie

3 ozs. vermicelli or spaghetti, 1 oz. grated cheese, 1 oz. butter, ½ oz. flour, one gill milk, 5 ozs. cold fish, hake, cod, or tinned salmon, ½ teaspoonful finely chopped parsley (if liked), one teaspoonful Mustard, one egg, salt.

Break the vermicelli or spaghetti into pieces of approximately the same size and throw into a pan of fast-boiling water. Boil until tender and thoroughly cooked. Melt the butter in a saucepan, mix the flour and Mustard well and stir into the melted butter, add the milk by degrees, bring to the boil, stir, and simmer eight minutes. Flake the fish, free it from bones and skin, break the egg into a basin and beat well, and add both to the sauce. Then strain the spaghetti, getting it as free from moisture as possible, and add to the sauce and fish. Lastly, sprinkle in the cheese, Parmesan for preference. Pour into a buttered pie dish or gratin dish, and brown under the grill or in the oven. *(D.C.T.)*

Stale Mustard shows a lazy housewife.

Spaghetti and Tomato Sauce

½ lb. sound tomatoes, half a bay leaf, 1 shallot or small onion, small sprig of thyme, pepper and salt, ½ oz. butter, ½ teaspoonful made Mustard, 1 dessertspoonful vinegar, colouring, 4 ozs. spaghetti.

A Mustard Pot is soon hot.

Melt the butter, add the finely chopped onion or shallot, fry very lightly. Add the thinly sliced tomatoes, thyme, parsley, vinegar, Mustard, salt and pepper. Simmer gently until the tomatoes are thoroughly cooked. Rub this through a sieve, add cochineal if required. Re-heat and add a small pinch of sugar. The sauce is now ready to serve either separately or combined with the spaghetti.

Simmer the spaghetti in salted water until half cooked. Strain and continue to cook in seasoned stock for about a quarter of an hour until the spaghetti is tender and thoroughly cooked. Strain free from stock. Add sufficient tomato sauce to flavour and colour the spaghetti. Re-heat and serve immediately. (*D.C.T.*)

Devilled Cheese

1 dessertspoonful grated cheese, 1 teaspoonful milk, a pinch of celery salt, a sprinkling of cayenne, ½ teaspoonful Mustard.

"Keen as Mustard!"

Mix all the ingredients to a paste, spread on crisp unsweetened biscuits or buttered toast, and put under a red-hot grill to brown. Serve immediately. (*D.C.T.*)

The great secret of all cooked cheese-dishes is (1) thoroughly to amalgamate and (2) to choose the right cheese, such as Cheshire, Cheddar or Double Gloucester.

Scrambled Eggs and Tomatoes

(A quickly-made breakfast dish.)

3 eggs, 1 oz. butter, ½ teaspoonful Mustard, 1 tablespoonful grated or shredded cheese, 2 medium tomatoes, skinned, sliced and the seeds removed, or ¼ gill tomato sauce, 3 slices of bread.

Break the eggs separately into a basin, beat for a few minutes, add the sliced tomatoes or sauce and grated cheese. Work the Mustard into the butter with the tip of the knife, put it into a small pan and place the pan over a low heat. When the butter is melted and hot, pour in the beaten eggs, etc., allow the mixture to cook at the bottom of the pan. Continue to stir slowly until the eggs are cooked lightly and the mixture is of a thick creamy consistency. Add a pinch of salt if necessary. Meanwhile, toast the bread, spread lightly with butter, cut each slice in half diagonally, and pile the mixture on the hot triangles of toast. Serve immediately.

Fair and softly goes far in a day.

N.B.—Care should be taken not to overcook the eggs. (*D.C.T.*)

Gentlemen prefer blondes; see that the Mustard is fresh-mixed.

Baked Savoury Soufflé

2 ozs. finely chopped tongue, 2 eggs, 2 tablespoons milk, ½ teaspoon chopped parsley, ¾ teaspoon made Mustard, salt to season.

Beat the yolks of egg and made Mustard together, add the milk and the chopped tongue, parsley and salt. Whip up the whites of egg stiffly, fold lightly into the mixture.

Butter several small fireproof or glass ramikins and three parts fill with the mixture. Bake in hot oven until firm. This will take about 20 minutes. Garnish with a small sprig of parsley. Serve hot or cold as desired.

Ham, chicken or veal may be substituted for the tongue. (*D.C.T.*)

Anchovy Eggs

Easily prepared in a Chafing Dish, this is an excellent dish after a dance and a ten-mile drive home. Place in the dish a tablespoon of butter, add half a teaspoon of dry Mustard, two tablespoons of tomato sauce, one of Worcester and one of mushroom ketchup. Let it simmer and then drop in four hard-boiled eggs cut into quarters, salted and peppered.

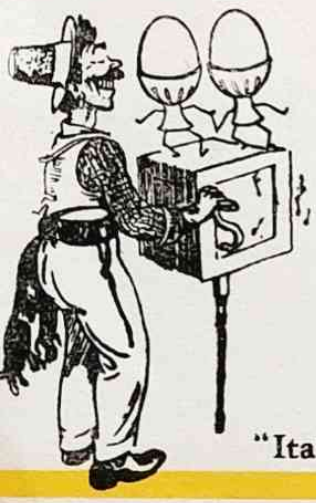
Prepare four rounds of toast, spread them with good anchovy paste and place the eggs on the toast, pouring over them the sauce. It is a thoroughly businesslike and efficient pick-me-up on a cold winter's night.

Italian Eggs

1 oz. fat, 3 eggs, 1 teaspoonful Mustard, salt, 2 ozs. spaghetti, 1½ ozs. grated Parmesan cheese.

Put ½ oz. of the butter into a shallow pie dish. With an old knife work the Mustard and a small portion of the cheese into the butter. Break the eggs into the buttered dish, divide the Mustard-butter into three and put a piece on top of each egg, cover with a greased paper and bake in a slow oven until the white is just set.

Meanwhile cook the spaghetti in fast-boiling salted water. When thoroughly cooked drain off the liquid, get rid of any surplus moisture by allowing the pan to remain over a low heat for a few minutes. Stir the cheese into the spaghetti and place on a hot dish. Serve the eggs on the bed of spaghetti. (*D.C.T.*)



"Italian Eggs"

Surprise Salad

2 ozs. cooked lean ham, ½ teaspoonful made Mustard, a little chopped tarragon if available, 1 teaspoonful lemon juice, 1 hard-boiled egg, 1 large firm tomato, crisp lettuce leaves.

Chop the ham finely, add the well mashed yolk of egg, lemon juice, Mustard and chopped tarragon. Slice the tomato fairly thickly and arrange on a bed of crisp lettuce leaves. Roll the ham mixture into small balls and put one on each slice of tomato. Pile a little chopped white of egg on each. Serve with Mustard mayonnaise sauce. (*D.C.T.*)

Put Mustard in the cruet
And day by day renew it.

Individual Egg Salads

Lettuce, 2 hard-boiled eggs, 1 oz. butter, 1 teaspoonful made Mustard, salt, 1 teaspoonful lemon juice.

Cut the eggs in half with a wet knife. Remove the yolks and mash with a fork, add the butter, Mustard, lemon juice and a little salt. Beat until smooth. Cut a small piece from the end of each of the halved whites so that they will stand upright. Fill the inside with the yolk of egg and Mustard mixture. Serve on a bed of lettuce and watercress. (*D.C.T.*)

Egg Salad Villageoise

Cut 4 cold hard-boiled eggs into large sections. Place them in a salad-bowl. Shred half a small cucumber finely, put it in salt water 20 minutes, then dry it in a cloth. Add it to the eggs. Shred a lettuce-heart into thin slices and add. Season with Mustard Vinaigrette (*p. 29*). Serve on hors-d'œuvre dishes; sprinkle with chopped chervil and surround with slices of pink radish.

Marinaded Carrots

Peel and cut into two or four, according to size, fifteen or so young carrots—nice small ones. In an enamelled saucepan place 3 gills of white wine, 2½ gills of vinegar, a bunch of herbs, a clove of garlic crushed, 4 teaspoonfuls of oil, ½ oz. of salt, a pinch of sugar and a dash of cayenne.

"Pass the Mustard!"
—W. S. Gilbert

Boil for five minutes, add the carrots and simmer gently about 20 minutes. Let them cool in the pan.

Serve the carrots on hors-d'œuvre dishes; pour the marinade over them, after adding made Mustard in the proportion of one small teaspoonful to 1½ gills; sprinkle with chopped chervil.

Celery à la Normande

Shred finely about 5 ozs. of the white part of celery, and leave it in cold water for half an hour. Then drain, and add to it two small apples peeled and chopped fine. Season with Mustard Sauce with Cream (*p. 29*).

"Small cheer and great welcome make a merry feast"—Shakespeare.

SANDWICHES—

By the Mustard Club's Travelling Correspondent

ALMOST anything in the way of fish, flesh, fowl or cheese lends itself to delicious sandwich-making. The following rules are applicable to all sandwiches :—

1. Choose bread one day old.
2. Cut it between thick and thin—so as neither to smother the flavour of the filling nor to violate the dignified neutrality of the bread.
3. Divide the filling of meat sandwiches into pieces of a reasonable size, so that it does not come away entire at the first bite. Remove all gristle.
4. If travelling or picnicking, wrap the sandwiches in greaseproof paper and pack in a tin box.
5. Season well—especially *do not forget the Mustard.*

Made in this way, even the ordinary Ham Sandwich can become a little masterpiece of handy nourishment, tastefully presented.

But here are some other more original and entertaining suggestions :—

Hog's Pudding Sandwich

Take of the best hog's (or black) puddings 1 lb., skin and cut into wafer slices, butter your sandwich bread, cover one slice with cucumber cut thin, lay the sliced hog's pudding on the other slice, sprinkle with salt and pepper to taste and spread with made Mustard. Sandwiches made like this are both succulent and satisfying.

Mock Salmon Sandwich

Small fish are better than none.—Old Proverb.

With smoked salmon at the price it is, it may interest our readers to know that the common or garden smoked fillets of haddock make into an excellent sandwich.

Take a large fat smoked haddock, raw of course, and with a sharp knife cut as smoked salmon is cut, in thin slices. Spread your bread with Mustard-butter made by thoroughly mixing an eggspoon of dry Mustard with your butter—add a couple of drops of Worcester—and you have a sandwich fit for a king.

Dandies' Delight Sandwich

This is truly exquisite. Take a fine, tender rump-steak, rather underdone, and slice it into thin shavings. Then make two rounds of crisp, thin toast; spread when cold with Mustard-butter; lay on each a little juicy white lettuce-heart, lightly chopped, and so make your sandwich. Eat it as soon as made, or the toast will become limp.

Teneriffe Sandwich

12 plain biscuits or American crackers, 3 bananas, 2 ozs. cream cheese, pinch of salt, ½ teaspoonful made Mustard.

Beat the cream cheese, Mustard and salt together. Butter half the crackers with this. Slice the bananas thinly and spread over the cheese mixture. Cover each with a cracker and serve. (*D.C.T.*)

Sandwich Fillings (*D.C.T.*)

Who leaves the Mustard on the shelf destroys his tummy—and himself!

Celery Sandwich.

Spread a piece of thin bread and butter sparingly with Mustard. Sprinkle with shredded celery heart, cover with another piece of bread and butter and cut into neat squares.

Cheese Sandwich.

Finely grated cheese, made Mustard, buttered plain biscuits, salt.

Spread half the biscuits thinly with Mustard. Sprinkle with cheese and a little salt. Cover with the remaining biscuits.

Cracker Sandwiches

12 large cream crackers, 3 ozs. cream cheese, ½ teaspoonful made Mustard, ½ teaspoonful finely chopped parsley, butter if necessary, salt.

Beat the cheese to a soft consistency, add Mustard, chopped parsley and a little salt if necessary. Crisp the crackers in a warm oven, butter and spread with the filling.

Egg Sandwich.

½ teaspoonful chopped parsley, 1 lightly boiled egg, ½ teaspoonful made Mustard, brown bread and butter.

Chop the egg finely, add the parsley and Mustard. Spread on the bread and make a sandwich. Cut into triangles.

"Mock Salmon"

SAUCES OF DOMESTIC HAPPINESS

by Lady Hearty

THE unkind old gibe at the English for having "only one Sauce" certainly does not apply to the Mustard Club. True, it is unnecessary to have rich and elaborate dressings, which are expensive and difficult to prepare, but many a jaded husband, sitting gloomily down to his evening meal, has been surprised and charmed into appetite and sprightliness by a delicious, tasty, tantalising, spicy and altogether unexpected sauce or unusual salad dressing, in which the healthful relish of the piquant Mustard is cunningly blended with other simple ingredients to create a new and palate-tickling flavour.

For instance—

Gubbins' Sauce

For the legs and wings of fowl, turkey, pheasant, partridge, or moorhen, this is the sauce 'par excellence'—one of the most famous sauces in the world. Mark well that it is of the most vital importance that the sauce be made, and well mixed, on a plate, *over hot water*—for instance, a basin filled with boiling water and a plate atop.

Melt on the plate a lump of butter the size of a large walnut. Stir into it when melted two teaspoons of made Mustard, then a dessertspoon of vinegar, half that quantity of Tarragon vinegar and a tablespoon of cream, Devonshire or ordinary. Season with salt, black pepper and cayenne to taste.

"Most tickling to my tooth."—Beddoes.

Prepare it with due reverence, according to the words above, which are the words of its creator, Edward Spencer, for 'tis indeed a sauce for the epicure.

Mustard Dressing

1 gill olive oil, clove of garlic, ¼ gill vinegar, 1 teaspoonful celery salt, 1 teaspoonful castor sugar, 2 teaspoonfuls made Mustard, 1 teaspoonful salt.

Rub the cut clove of garlic on the inside of a basin. Mix the celery salt, Mustard, sugar and salt. Add the vinegar and oil and whisk thoroughly together. (*D.C.T.*)

Mayonnaise Sauce

To make this famous sauce you need 4 yolks of egg, 1 teaspoonful salt, ¼ teaspoonful pepper, ½ pint olive oil, 1 teaspoonful made Mustard, juice of lemon or 2 dessertspoonfuls vinegar.

Measure the salad oil into a bottle and cut a long groove in the cork. In this way the oil can be added evenly, drop by drop. Separate the yolks of egg carefully, put into a basin with the pepper and salt. Mix well together with a wooden spoon. Add the olive oil drop by drop, adding a little lemon juice or vinegar from time to time. Stir continually and in the same direction until all the oil and lemon juice have been used up and the sauce is of a thick creamy consistency. Lastly stir in the made Mustard.

Whenever possible, make the mayonnaise at least an hour before it is required and keep in a cool place. (*D.C.T.*)

Happy the Digestion that has no history.

Mustard Sauce

You will want for this ½ pint milk, yolk of egg, ¼ teaspoonful of salt, ½ oz. flour, ½ oz. butter, 1½ teaspoonfuls made Mustard.

Melt the fat, stir in the flour and add the milk by degrees. Bring to the boil, add the Mustard and boil for five minutes. Add the yolk of egg and more salt if necessary. Mix well and the sauce is ready for use. (*D.C.T.*)

"Tell me what you eat and I will tell you what you are" — Brillat-Savarin.

Mustard Sauce with Cream

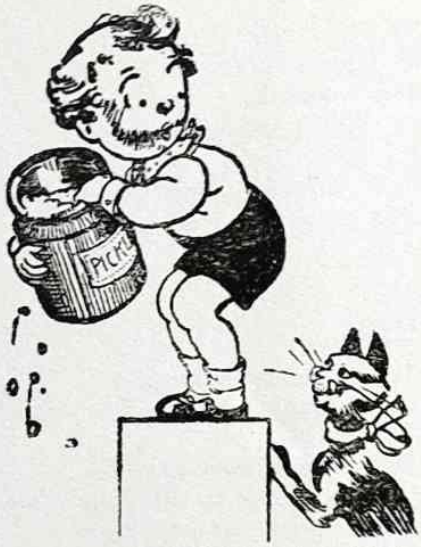
Put into a bowl a small teaspoonful of made Mustard, a pinch of salt, a little pepper and the juice of a quarter lemon. Add very gradually, in the same way as when making mayonnaise, about a gill and a half of cream, stirring all the time.

Sauce Vinaigrette

Take ½ teaspoonful made Mustard, 1½ gills salad oil, 2 teaspoonfuls vinegar, 1 teaspoonful parsley, chervil and tarragon chopped fine, a pinch of salt and a little pepper. Mix the Mustard with the oil, add the salt, pepper, vinegar and chopped herbs and mix all well together.

When this sauce is used for meat, as, for instance, with calf's head or feet or sheep's trotters, add half a teaspoonful of finely chopped onion and a few capers.

"Dressing a lobster"



PICKLES

by

One of Them

(Master Mustard)

WHO should know more about Home-made Pickles than one who is a pickle in his own home? Here are a few new, easy and economical ways of making pickles yourself. You will find them wholesome, delicious and appetising, and you will be especially glad of them in winter, when vegetables are expensive and difficult to get.

Cabbage and Tomato Pickle

Mustard makes warm friends.

This will be found to make a very useful stock pickle. It calls for the following ingredients:—

2 large green cucumbers, 1 lb. brown sugar, 1 lb. red tomatoes, ¼ medium sized cabbage, 1 quart vinegar for soaking, 4 onions, salt, ½ pint vinegar for pickling, ¼ oz. celery seed, 3 tablespoons olive oil, 2 ozs. Mustard.

Chop the vegetables and put into a large basin with a layer of salt between each layer of vegetables. Stand overnight and drain very thoroughly from the liquid. Bring the sugar and vinegar and celery seed to the boil and pour on the vegetables. Stand covered for 2 days. Drain away the liquor. Add the Mustard, olive oil and ½ pint of fresh vinegar. Pour on the vegetables, pack in sterilised jars and cover with melted fat or paraffin wax. *(D.C.T.)*

Piccalilli

One pint small onions, four large cucumbers, one large cauliflower, one quart vinegar, one tablespoon turmeric, 24 French beans, two tablespoons Mustard, two ozs. salt, three blades of mace.

"Hospitality must be for service, not for show."—Emerson.

Peel the onions and cook for ten minutes in boiling water. Drain. Separate the cauliflower into flowerets and soak in salted water for ½ hour. Put the onions in one bowl, and the cauliflowers, shredded beans and sliced cucumbers into another. Add the salt to three quarts of water and boil for ten minutes. Skin and pour over the vegetables in

the two bowls. Stand overnight. Drain away the brine and put the vegetables into a pan; mix the Mustard and turmeric with a gill of water and pour over the vegetables. Add the vinegar and mace tied in a small piece of muslin and bring to boiling point. Simmer one hour. Remove mace. Pot and seal whilst hot. (*D.C.T*)

Tomato Catsup

8 lbs. tomatoes, 4 shallots, 1 oz. sugar, 1 oz. salt, 2 teaspoonfuls Mustard, ½ pint vinegar, 20 peppercorns, 4 blades of mace, a few celery seeds. Wipe and cut tomatoes into quarters, chop the shallots. Put in an aluminium jar over a low heat at first, simmer gently until cooked. Rub through a sieve and to every quart of tomato purée allow ½ pint vinegar, ½ oz. sugar, ½ oz. salt, ½ teaspoonful Mustard, 10 peppercorns, 2 blades mace. Tie the peppercorns, mace and celery seeds into a small piece of muslin. Mix the Mustard to a paste with a little of the tomato juice. Add all ingredients to the juice and cook slowly until the mixture is of the right consistency. Remove the peppercorns, etc. Put into sterilised jar and seal immediately. Fruit bottling jars or ordinary ones may be used. Cover the latter at once with melted fat or paraffin wax. (*D.C.T.*)

Eat Mustard and keep that schoolboy digestion.

Walnut Pickle

Put a hundred large double walnuts into a stone jar, take 4 ozs. black pepper, 1 oz. Jamaica pepper, 2 ozs. ginger, 1 oz. cloves, 2 teaspoons dry Mustard and boil them in as much vinegar as is sufficient to cover the walnuts. When cold pour over the walnuts. In two days boil the pickle again, pour it on to the walnuts immediately, cover them close and repeat this for three days. Bottle and seal.

Walnut Ketchup

Boil gently a gallon of the expressed juice of young green walnuts, skim it well, then put into it a pound of anchovies, bones and liquor, 1 oz. cloves, 2 or 3 dozen shallots, 1 oz. mace, 1 oz. pepper, the same of garlic and three teaspoons of dry Mustard. Let it all boil until the shallots sink, then place the liquor in a pan until cold. Bottle it, dividing the spice equally in each bottle, cork it close and bladder over the corks. This should stand for a twelvemonth, but the result is worth the time and trouble.

Mushroom Ketchup

Put a quantity of large natural mushrooms into an earthen pan, break them up small and sprinkle salt over them, letting them lie for several days and mixing up each day. Then let them stand a week and do not stir them until a thick scum arises, strain the liquor from the mushrooms and boil it up with some peppercorns, mace, ginger, cloves, and a tablespoon of dry Mustard. When cold, bottle it and leave the spice in. Cork it up tight and keep for three months. Then boil up again and re-bottle when cold. It will keep for years and is a very sound old-fashioned country recipe

"Tomato and cabbage"

INDEX

	Page
Alderman's Walk	14
Aldermen, Simple Tastes of ...	9
Anchovy Eggs	24
Apicius, His Recipe for a Pig ...	8
Bacon, to Boil	9
Bacon Fraze	9
Bacon, to Roast	9
Baked Savoury Soufflé	24
Beef, Baron de, on the Mustard Club	3
Beef, Devilled	16
Beefsteak, to Grill	15
Black Pudding Sandwich ...	26
Brawn, Pig's Head	12
Bread Sauce	20
Browned Tongue	15
Cabbage and Tomato Pickle ...	30
Calf's Head	17
Carrots Marinaded	25
Celery à la Normande	25
Celery Sandwich	27
Cheese and Spaghetti Soup ...	22
Cheese, Devilled	23
Cheese Sandwich	27
Chicken, Fried à la Malabar ...	19
Cod, Boiled, to Serve	6
Cod, Scalloped	6
Cod Steak	6
Collared Heid	12
Cornish Pasty	16
Cracker Sandwich	27
Dandies' Delight Sandwich ...	27
Devilled Beef	16
Devilled Cheese	23
Devil Mixture	19
Digestion, fortified by Mustard 3, 9, 15, 17, 19, 21, 27, &c.	
Divorce, when Justified ...	10
Duck, Wild, to Roast	20
Duckling, to Roast	19
Egg Salad, Villageoise	25
Egg Salads, Individual	25
Egg Sandwich	27
Eggs, Anchovy	24
Eggs, Italian	24
Eggs, Scrambled with Tomato	23
Fiction, Amusements of Noblemen in	18
Flavour, improved by Mustard 3, 4, 6, 8, 11, 17, 18, &c.	
Forcemeat	17
Freshwater Fish	7
Frying, Observations on ...	6
Glasse, the famous Mrs. ...	20
Grilled Steak	15
Gubbins' Sauce	28
Ham, to Bake	10
Ham in Hades	10
Hare, to Jug	20
Herrings with Mustard Sauce	5
Highness, Royal, His Passion for Roast Pig	11
Hog's Pudding Sandwich ...	26
Imported Meat, how improved by Mustard	13
Italian Eggs	24
Kidneys à la Gourmet	14
Kidneys with Macaroni ...	15
Kippers, to Steam	5
Liver, Human, Energising Effects of Mustard on	(See Digestion)
Liver and Bacon	12
Marinaded Carrots	25
Married Bliss, to Achieve ...	9
Mayonnaise Sauce	29
Mock Salmon Sandwich ...	27
Mustard, a Necessity of Life	(See Digestion, Flavour, Married Bliss, &c.)
Mustard Club: Objects and Membership, 3; Vegetarian Members of, 21, &c.	
Mustard Dressing	29
Mustard Sauce	5, 29
Mustard Sauce with Cream ...	29
Mustard, with Mutton ...	13, 14
Mutton Chops, Mustarded ...	14
Nagging Wife, compared to Rabbit	22
North Country Sauce	11
Partridge, to Roast	20
Perch, to Stew	7
Pickles:	
Cabbage and Tomato	30
Mushroom Ketchup	31
Piccalilli	30
Tomato Catsup	31
Walnut Ketchup	31
Walnut Pickle	31
Pies:	
Salt Fish	6
Steak, Tomato and Onion ...	16
Vermicelli and Fish	22
Winter	10
Pig, Sucking, to Roast	11
Pig's Head Brawn	12
Pig's Trotters	12
Pike, to Stew	7
Pork Chops	11
Pork Sausages and Mashed ...	11
Rarebit, Welsh (See Welsh Rabbit)	
Rémoulade Sauce	5
Roquefort Cheese, Contemplative Habits of	21
Salads:	
Individual Egg	25
Surprise	24
Villageoise	25
Salmon, to Boil	5
Salmon Fish Cakes	6
Salt Fish Pie	6
Sandwiches:	
Celery	27
Cheese	27
Cracker	27
Dandies' Delight	27
Egg	27
Hog's Pudding	26
Mock Salmon	27
Teneriffe	27
Sauces:	
Bread	20
Gubbins'	28
Mayonnaise	29
Mustard	5, 29
Mustard with Cream	29
North Country	11
Rémoulade	5
Tomato	23
Vinaigrette	29
Scrambled Eggs and Tomato ...	23
Soufflé, Baked Savoury	24
Soup, Cheese and Spaghetti ...	22
Spaghetti with Tomato Sauce	23
Spencer, Edward, Inventor ...	28
Steak, Potato and Onion Pie ...	16
Sucking Pig, to Roast	11
Tench, to Stew	7
Teneriffe Sandwich	27
Tomato and Cabbage Pickle ...	30
Tomato Catsup	31
Tomato Sauce	23
Tongue, Browned	15
Turkey, to Roast	19
Turkey Legs, to Broil	19
Veal Fillet, to Roast	17
Veal, Shoulder of	17
Veal, tasteless without Mustard	17
Vegetarians, exhorted to use Mustard	21
Vermicelli and Fish Pie ...	22
Vinaigrette Sauce	29
Walnut Ketchup	31
Walnut Pickle	31
Welsh Rabbit	22
Welsh Rabbit, whether a True Rabbit or Not	22
Wild Duck, to Roast	20
Winter Pie	10

Rules of the Mustard Club

1. Every Member shall on all proper occasions eat Mustard to improve his appetite and strengthen his digestion.

2. Every Member shall once at least during every meal make the secret sign of the Mustard Club by placing the mustard-pot six inches from his neighbour's plate.

3. Every Member who asks for a sandwich and finds that it contains no Mustard shall publicly refuse to eat same.

4. Every Member shall see that the Mustard is freshly made, and no Member shall tip a waiter who forgets to put Mustard on the table.

5. Each Member shall instruct his children to "keep that schoolboy digestion" by forming the habit of eating Mustard.